



個人與家庭

流感大流行 應變指南



流感大流行是指流行性感冒在大範圍爆發。輕微的流感症狀包括發燒與咳嗽；嚴重的症狀包括呼吸困難或呼吸短促、胸部或腹部疼痛或有悶壓感、膚色青紫、暈眩或意識不清、噁心或嘔吐，或發燒溫度越來越高。



咳嗽與打噴嚏時捂住口鼻。

- ▶ 當您咳嗽或打噴嚏時，請捂住口鼻。如果您沒有面紙，咳嗽或打噴嚏時請用手肘捂住，而非雙手。如此可以避免傳染給他人。
- ▶ 避免碰觸您的臉。流感病毒可能透過您的鼻子、嘴巴或眼睛進入體內。



清洗雙手。

- ▶ 經常洗手以避免細菌散播。使用肥皂與溫水，並數到 20 或唱一首「生日快樂歌」。



接種疫苗。

- ▶ 當流感疫苗問世時，請進行接種。這是預防流行性感冒的最佳方式。若要查詢接種疫苗地點，請造訪網站：<http://www.nyc.gov> 或撥打 311。



如果生病，請留在家裡。

- ▶ 如果生病，請留在家裡，直到症狀消失 24 小時之後為止。罹患流感的人通常無需治療即可復原。如果您有任何疑問，請致電 311。
- ▶ 如果您的症狀很嚴重，請立即就醫。
- ▶ 在流感爆發期間可能很難找醫師諮詢，因為有許多人生病。如需取得關於其它選擇的更多資訊，請致電 311 或造訪 <http://www.nyc.gov>、<http://www.cdc.gov> 或 <http://www.flu.gov>。

一般指導原則

- ▶ 從可靠的來源取得衛生與健康資訊（nyc.gov、cdc.gov 與 311）。
- ▶ 註冊 **Notify NYC**（通知紐約市）以接收有關緊急事件的資訊。
- ▶ 如果您或任何您認識的人感覺壓力罩頂或需要協助因應，請造訪 lifenet.nyc 以取得您所用語言的免費協助。
- ▶ 遇到緊急情況時，請務必撥打 911。



瞭解哪些人有風險。

- ▶ 以下是流感病情可能變得嚴重或需要醫療的最高風險族群。
 - ▶ 65 歲以上的人
 - ▶ 孕婦
 - ▶ 未滿 5 歲的兒童，尤其是未滿 2 歲的兒童
 - ▶ 原本即有疾病的人，例如哮喘
 - ▶ 有慢性肺病的人，例如慢性阻塞性肺病 (COPD) 或囊狀纖維化
 - ▶ 有心臟疾病的人，例如先天性心臟病、鬱血性心衰竭或冠狀動脈疾病
 - ▶ 由於疾病或藥物造成免疫系統衰弱的人，例如 HIV、AIDS 或癌症病人，或服用類固醇的人
 - ▶ 和有併發症風險族群近距離接觸的人，例如醫護人員，以及照顧太幼小而無法接種疫苗之嬰兒的人員



尋求協助。

- ▶ 如果您需要協助，請聯絡家人、朋友或鄰居。社區裡的人或許能協助您取得食物、藥物或其它重要物品。
- ▶ 請保護自己，並聯絡您知道可能有風險的人。



PANDEMIC INFLUENZA RESPONSE GUIDE



An influenza pandemic is a widespread flu outbreak. Mild symptoms of influenza include fever and cough. Severe symptoms include trouble breathing or shortness of breath, pain or pressure in the chest or stomach, bluish skin color, dizziness or confusion, nausea or vomiting, or increasing fever.



Cover your cough and sneeze.

- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow, not your hands. It can prevent others from getting sick.
- ▶ Avoid touching your face. Influenza viruses can enter your body through your nose, mouth or eyes.



Wash your hands.

- ▶ Wash your hands often to avoid spreading germs. Use soap and warm water, and count to 20 or sing “Happy Birthday.”



Get vaccinated.

- ▶ When the pandemic influenza vaccine is available, get vaccinated. It is the best way to prevent influenza. Find vaccination sites at <http://www.nyc.gov> or by calling 311.



Stay home if you are sick.

- ▶ If you get sick, stay at home until 24 hours after your symptoms are gone. People with the flu usually recover without medical treatment. If you have questions, call 311.
- ▶ If your symptoms are severe, seek medical care immediately.
- ▶ Speaking with a doctor may be difficult during an influenza pandemic because many people may be ill. Call 311 or visit <http://www.nyc.gov>, <http://www.cdc.gov> or <http://www.flu.gov> for more information about other options.

GENERAL GUIDELINES

- ▶ Get health information from credible sources (nyc.gov, cdc.gov and 311).
- ▶ Sign up for Notify NYC for information about emergency events.
- ▶ If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.
- ▶ In an emergency, always call 911.



Know who is at risk.

- The following groups of people are at highest risk of becoming seriously ill or requiring medical treatment for influenza.
 - People 65 years or older
 - Pregnant women
 - Children younger than 5 years old, but especially children younger than 2
 - People with a pre-existing medical condition, such as asthma
 - People with chronic lung disease, such as chronic obstructive pulmonary disease (COPD) or cystic fibrosis
 - People with heart disease, such as congenital heart disease, congestive heart failure or coronary artery disease
 - People with weakened immune systems due to disease or medication, such as people with HIV, AIDS or cancer, or people on steroids
 - Those in close contact with people at risk of complications, like healthcare workers and people who care for infants too young to be vaccinated



Reach out.

- Reach out to family, friends or neighbors if you need help. Someone in your community may be able to help you get food, medicine or other important items.
- Protect yourself and reach out to anyone you know who may be at risk.